

DDP: A Model of Psychotherapy and Care for Children and Teens who have Experienced Relational Trauma

**A free workshop with
Dan Hughes, PhD**

Children who have experienced abuse and neglect within their family when they were young are very likely to experience many developmental challenges in their lives as they mature. These challenges are pervasive and are likely to remain even if they are placed to live in an alternative home where they receive good care. They are often not able to respond well to caregivers in these new homes because they are unable to trust their new caregivers. These children are often unable to regulate their emotional, cognitive, and behavioral functioning. They have difficulty reflecting on their experiences and seem unable to learn from mistakes. They have trouble resolving conflicts and experience routine frustrations as if they are being abused again. They try hard to control everything they encounter rather than relying on their caregivers.

This presentation seeks to provide guidance to therapists, caregivers, teachers and other professionals who are attempting to offer healing and therapeutic experiences for these children who desperately need assistance while at the same resisting such help. Ways to successfully engage these children through maintaining an attitude of playfulness, acceptance, curiosity and empathy (PACE) will be presented. These children will be helped to develop, based on trust and hope, rather than fear and shame. This presentation will help those who relate to these children to be able to perceive their strengths and vulnerabilities that lie under their behavioral problems. These children will be helped to discover who they were—and may one day become again—before they were betrayed and traumatized by their first parents.

The workshop consists of a formal presentation with many specific examples of successful interventions. It will also include videos and/or role plays of these interventions along with opportunities for questions and answers.



Tuesday, Dec 8, 2026

9am — 4pm ET

Lunch on your own

Martin Chapel

EMU

6 CE hours available

**Following the seminar,
participants will be able to:**

1. Describe four common developmental problems secondary to abuse and neglect.
2. Describe the three characteristics of attunement that are central in the traumatized child's therapeutic journey.
3. List four characteristics of engagement (PACE) that will facilitate the traumatized child's development of trust.
4. Describe therapeutic conversations that help the traumatized child develop a new life story.

Registration is open to all. Visit <https://emu.edu/graduate-counseling/continuing-ed> to fill out the registration form

Point of Contact: Sarah Pace (540)432-4243 sarah.pace@emu.edu

1200 Park Rd. Harrisonburg, VA 22802 <https://emu.edu/graduate-counseling/>

DDP: A Model of Psychotherapy and Care for Children and Teens who have Experienced Relational Trauma



Dan Hughes, Ph.D. is a clinical psychologist who founded and developed Dyadic Developmental Psychotherapy (DDP), the treatment of children who have experienced abuse and neglect and demonstrate ongoing problems related to developing healthy relationships and also resolving past traumas. This therapy occurs in a family setting and the model has expanded to become a general model of individual and family therapy. He has conducted seminars, workshops, and spoken at conferences throughout the US, Europe, Canada, and Australia for the

past 40 years. He is also engaged in extensive training and supervision in the certification of therapists in his treatment model, along with ongoing consultation to various agencies and professionals. He is past-president of DDPI, a training Institute which is responsible for the certification of professionals in DDP. Information about DDPI can be found on ddpnetwork.org. Dan resides in Damariscotta, Maine. His three children and two grandchildren also live in Maine.

Dan is the author of many books and articles. These include *Building the Bonds of Attachment* (2012) and, with Jon Baylin, *Brain-Based Parenting* (2012) and *The Neurobiology of Attachment-Focused Therapy* (2016). More recently he wrote *Healing relational trauma with attachment focused interventions* (2019) with Kim Golding and Julie Hudson, and *Healing relational trauma workbook* (2024) with Kim Golding.

Dan can be contacted at: Dhughes202@gmail.com

His website is www.danielhughes.org



Eastern Mennonite University - Master of Arts in Counseling has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 4488. Programs that do not qualify for NBCC credit are clearly identified. Eastern Mennonite University - Master of Arts in Counseling is solely responsible for all aspects of the programs.

This event is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an annual award totaling \$592,536 with 0% financed with non-governmental sources. The contents are those of the presenter and do not necessarily represent the official views of, nor an endorsement by, HRSA, HHS, or the U.S. Government. For more information, please visit HRSA.gov.